



Your Guide to MCRD Adult Education Classes

Montgomery County's Adult Education program made a big move this summer. After 70 years with Montgomery County Public schools, most programs are moving to either the Montgomery County Recreation Dept. or the Montgomery College Workforce Development & Continuing Education. This move also means new registration formats, new locations and more classes throughout the year.

MCPS has been working with the Recreation Department and Montgomery College to ensure a smooth transition. But no doubt there are some long-time adult education class participants who haven't received word of the big changes, or they don't know the new registration procedures.

That's why MCRD is sending you this e-mail brochure—so you can get the new information quickly, find your favorite adult ed classes right away, and register now. Everything you need for MCRD adult ed classes is here in this quick guide—classes, online and mail-in registration, procedures, MCRD contact info and more! Here's a quick rundown of what you need to know:

What the Recreation Department Offers:

MCRD now hosts courses in art, music, cooking and health and personal growth.

What Montgomery College Offers:

Courses in SAT Preparation, business, finance, communication arts, computers, languages, and parent education.

Where to Find Class Listings:

MCRD classes are now available through the Recreation Department's quarterly guides found at county libraries, community and aquatic centers, government offices or by mail by calling 240-777-6820. The full Fall Guide can be [downloaded as a PDF file](#) online, but the Adult Education classes being offered are also included in this brochure.

Adult ed classes offered at Montgomery College, including those held at County high schools such as languages, are listed in the college's Fall 2006 Schedule booklet available in public libraries, the college campus, or [online through the college](#).



How to Register:

Depending on your interest, you may have to register at two different places—through MCRD or Montgomery College. Each has registration forms in the back of its guides, but you can also register online here at [MCRD](#) and [Montgomery College](#). You can also find an MCRD registration form in the back of this e-mail brochure.

You **must** register in advance; you will no longer be able to walk up to a class and sign up. Classes that do not reach its minimum requirement risk being cancelled up to two weeks before the start of the class.

Note: Registration is no longer available through the MCPS website.

Financial Assistance:

Financial assistance for class discounts is available for qualifying participants. Information may be found [online](#) or by calling 240-777-6840. Seniors may also qualify for this assistance.

If you have any questions about the new adult education classes or procedures, please contact MCRD!

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Got Questions, or Need Help Registering? Call 240/777-6840



2006 MCRD Fall Adult Education Classes

Fine Art Classes. . . .

Drawing or Painting—Your Choice!

🍏 **Ages a18-99:** Drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylics or oil aided by demonstrations of color mixing and general use of materials. Materials discussed at the first class.

10 Sessions: \$145

Instructor: Doris Haskell

160653 Norwood LP 9/26 Tue. 9:30-11:30 a.m.

160654 Norwood LP 9/26 Tue. Noon-2 p.m.

160655 Norwood LP 9/27 Wed. 9:30-11:30 a.m.

Drawing Fun

🍏 **Ages 15-99:** Beginning and intermediate class for those who want to draw well or improve their skills. No pressure, lots of fun, and individualized instruction, including demonstrations, focused exercises and free experimentation. Supplies discussed at first class.

8 Sessions: \$115

Instructor: Pyper Dixon

160759 Wheaton CC 9/30 Sat. 10 a.m.-noon

Oil or Acrylic Painting—Your Choice!

🍏 **Ages 18-99:** Beginners: Learn how to prepare the palette, start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. Materials discussed at first class.

10 Sessions: \$145

Instructor: Doris Haskell

160656 Norwood LP 9/25 Mon. 9:30-11:30 a.m.

160657 Concord Center 9/28 Thur. 7:30-9:30 p.m.

Painting Unlimited

🍏 **Ages 16-99:** All levels. Review the basics in design composition, subject matter and the various painting media available. Demonstrations will be given to help you visualize the various techniques and combinations of the various media. A basic painting kit for your media of choice needed at the beginning of class.

12 Sessions: \$170

Instructor: Tom Kozar

160204 Germantown CC 9/19 Tue. 7:30-9:30 p.m.

Chinese Watercolors

🍏 **Ages 18-99:** All levels. A local Chinese artist teach



es the essential brush strokes needed to paint the “Four Gentlemen” of Chinese art and their variations. No text. A \$28 material fee due to instructor at first class.

10 Sessions: \$145

Instructor: Helen Sze McCarthy

159052 Blair HS 9/20 Wed. 7:30-9:30 p.m.

Chinese Landscapes

🍏 **Ages 18-99:** Learn the basics of shan-shui (mountain water) including the use of black ink to produce the five tones as well as clouds, mist, waterfall and other landscape features. No text. Brushes, ink, rice paper, and other supplies can be purchased from the instructor at first class for \$28. No class on 12/1/06.

10 Sessions: \$145

Instructor: Helen Sze McCarthy

159053 Bauer Drive CC 9/22 Fri. 10 a.m.-Noon

Watercolor Experience

🍏 **Ages 18-99:** Learn to paint, or paint better, in watercolor with a wide range of techniques and in many genres: landscape, still life, figure, floral, etc. Emphasis on development through actual practice, and group discussion, under teacher's guidance. Supply list will be discussed in the first class. No class will be held on 10/2.

10 Sessions: \$180

Instructor: Firouzeh Sadeghi

161757 Concord Center 9/18 Mon. 9:30 a.m.-Noon

161759 Tilden MS 9/19 Tue. 7- 9:30 p.m.

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Fast and Simple: Click [Here](#) to Register Online Now!



2006 MCRD Fall Adult Education Classes

Printmaking Without a Press

🍏 Ages 16-99: Create fine art, greeting cards, and posters using printmaking techniques and waterbased inks. Learn monotypes, collagraphs, and block printing. Final class will include demonstration of the digital camera and Macintosh iPhoto technique. A \$35 material fee due instructor on first day.

10 Sessions: \$210

Instructor: Alice Sorkowitz

160053 Bauer Drive CC 9/27 Wed. 6:30-10 p.m.

Collage-Mixed Media

🍏 Ages 16-99: Collage is a unique art form of exploring our subconscious imagery and a satisfying and fun way to express ourselves with creative art. Hands on paste-layering techniques allows us to juxtapose images, fabric, vintage photographs and any combination of visual materials. Create a personal history collage and treasure box. Also makes a thoughtful gift. A \$30 material fee due instructor at first class.

8 Sessions: \$115

Instructor: Shara Banisadr

160352 Walter Johnson HS 9/26 Tue. 7-9 p.m.

Stone Sculpture

🍏 Ages 18-99: Basic Instruction in the use of stone tools and types of stones. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and goggles/glasses to first glass for hands on experience.

10 Sessions: \$145

Instructor: Ann Ruppert

162052 Concord Center 10/4 Wed. 7- 9 p.m.

162053 Concord Center 10/5 Thur. 7- 9 p.m.

Photography

Advanced Digital Photography

🍏 Ages 18-99: Join us for an exploration of the art form of photography. Use your camera in ways you never have before. Meet in class on Thursdays evenings and again on location on Saturday mornings. This hands-on interactive class is for those who understand the basic rules of composition and have some understanding of the manual settings on the camera. Bring a SLR camera. This course is for both digital and film photographers. Processing and printing will be

done by students outside of the class. Field trips begin Oct. 14, from 9 a.m.-noon.

16 Sessions: \$225

Instructor: Russel Willard

162360 Walter Johnson HS 10/12 Thur. 6:30-8:30 p.m.

Pottery

Pottery at Sligo Creek

🍏 Ages 16-99: All levels and experience. Hand-building, decorating and glazing techniques using mid-range stoneware (cone 6). Fully equipped studio and access to a potter's wheel. A \$25 material fee for fall class due to instructor at class.

12 Sessions: \$260

Instructor: Angela Schreiber

160252 Sligo Creek ES 9/19 Tue. 7-10 p.m.

160258 Sligo Creek ES 9/21 Thur. 9:30 a.m.-12:30 p.m.

160259 Sligo Creek ES 9/21 Thur. 7-10 p.m.

Instructor: Jo Powell

160253 Sligo Creek ES 9/19 Tue. 9:30 a.m.-12:30 p.m.

160257 Sligo Creek ES 9/20 Wed. 9:30 a.m.-12:30 p.m.

Handcrafted Pottery 2 at Sligo Creek

🍏 Ages 18-99: Advanced/Intermediate. Experience with clay, wheelworking or handbuilding required. Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. New techniques introduced, explore glaze-making. 🍏



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Got Questions, or Need Help Registering? Call 240/777-6840



2006 MCRD Fall Adult Education Classes

☛ A \$25 material fee due first day. Bring clay tools and old towel.

12 sessions: \$260

Instructor: Meg Dickerson

165161 Sligo Creek ES 9/18 Mon. 7-10 p.m.

Pottery Open Studio

🍏 **Ages 18-99:** Intermediate/Advanced. Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Material fee due to instructor is based on production.

12 Sessions: \$216

Instructor: Meg Dickerson

160302 Sligo Creek ES 9/20 Wed. 7-10 p.m.

Crafts

Rubber Stamping

🍏 **Ages 14-99:** Beginner/Intermediate. Learn rubber stamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional cards and invitations, scrapbooks with elegant layouts for your photos, gifts, packaging, and more. Discover different types of stamps, ink pads, tools and papers available, how to cut paper, how to get a good impression, embossing, and various techniques for an elegant look. The contents vary so that students with rubber stamping and scrap booking experience will also be challenged and learn new ideas. Complete one or more projects per class. A \$35 material fee due to instructor at class.

10 Sessions: \$140

Instructor: Carol Lavrich

162352 Walter Johnson HS 9/21 Thur. 7-9 p.m.

Stamp-a-Stack Holiday Cards

🍏 **Ages 14-99:** Spend a day in stamp camp learning rubber stamping and paper crafting basics including techniques, tools, materials and papers that will speed you on your way to creating cards for the holiday season. Focus on learning techniques and working on projects in the morning session and making a stack of about 10 cards to use for the holidays. Take home ideas to use immediately. A \$30 material fee due to instructor in class.

1 Session: \$75

Instructor: Carol Lavrich

162356 Bauer Drive CC 11/11 Sat. 9:30 a.m.-4 p.m.

Introduction to Scrapbooking

🍏 **Ages 16-99:** Learn the skills associated with scrapbooking and also get a revealing insiders' look into America's hottest hobby. This structured class introduces a new skill each class meeting with a follow-up activity in the form of designing a scrapbook page. Design eight scrapbooking pages and begin two projects. Your confidence will increase and you will be provided with one-on-one guidance as needed. A materials and photo list will be provided each class.

10 Sessions: \$140

Instructor: Heidi Willard

162364 Walter Johnson HS 9/27 Wed. 6:30-8:30 p.m.



Advanced Scrapbooking

🍏 **Ages 18-99:** Intermediate/Advanced. Perfect class for people with basic skills and design concepts of scrapbooking and want to challenge themselves. Introduction to a new technique each class meeting with a follow-up activity in the form of designing a scrapbook page. Use and share a variety of new scrapbooking tools that will enhance your design and presentation. Design eight scrapbooking pages and begin two projects. All of these projects assume certain skills and methods of the introductory class. These basic skills will not be taught for the convenience of all persons taking an advanced level class. A suggested photo list will be provided each class and participants are responsible for having their own scrapbooking materials.

10 Sessions: \$140

Instructor: Heidi Willard

162386 Walter Johnson HS 10/3 Tue. 6:30-8:30 p.m.

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Fast and Simple: Click [Here](#) to Register Online Now!



2006 MCRD Fall Adult Education Classes

Group Piano

🍏 Ages 18 and above: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice.

Note: Textbooks are required and costs are in addition to course fees. A list of book titles and prices are posted on our Web site, www.montgomerycountymd.gov/rec, or you may call 240-777-6870 and request the list to be sent by mail or fax. Books will be available for purchase at Music & Arts, 12274 Rockville Pike (Federal Plaza) at least two weeks prior to class. Please present a copy of your registration form at Music & Arts for your student discount. Bring books to first class.

Group Piano Beginner

🍏 Level A: No musical background is needed. Learn note reading, rhythm and beginning technique in a five-finger position and harmonization of simple melodies.

9 Sessions: \$135

Instructor: William Palmer

160702 Holiday Park SrC 9/18 Mon. 2:30-3:20 p.m.

160703 Holiday Park SrC 9/18 Mon. 8-8:50 p.m.

160704 Holiday Park SrC 9/19 Tue. 7-7:50 p.m.

🍏 Level B: Begin playing with both hands in various positions and harmonization; perform easy literature with a variety of bass, rhythms and styles.

9 Sessions: \$135

Instructor: William Palmer

160705 Holiday Park SrC 9/19 Tue. 11-11:50 a.m.

160706 Holiday Park SrC 9/19 Tue. 8-8:50 p.m.

Group Piano Advanced Beginner

🍏 Ages 18 and above: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

9 Sessions: \$135

Instructor: William Palmer

160707 Holiday Park SrC 9/18 Mon. 7-7:50 p.m.

160708 Holiday Park SrC 9/19 Tue. 1:15-2:05 p.m.



Group Piano Intermediate

🍏 Ages 18 and above: Students must have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

9 Sessions: \$135

Instructor: William Palmer

160710 Holiday Park SrC 9/19 Tue. 10-10:50 a.m.

Group Piano Advanced

🍏 Ages 18 and above: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

9 Sessions: \$135

Instructor: William Palmer

160711 Holiday Park SrC 9/19 Tue. 12:15-1:05 p.m.

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2006 MCRD Fall Adult Education Classes

Music

Montgomery Women's Chorus

🍏 Ages 18 and above: Join a dynamic group of women who enjoy singing for fun, personal enrichment and are interested in developing and progressing their skills in musical expression. If you have any group singing experience, including, but not limited to high school, college or church choir, and you can read music, this chorus is waiting for you! Instruction in choral singing and reading choral scores will be covered and participants will bring it all together in several performances.

12 Sessions: \$121

Instructor: Gerald Rogell

162864 Holiday Park SrC 9/25 Mon. 7:30-9:30 p.m.



Cooking

Cake Decorating

🍏 Ages 18 and above: Explore the fundamentals of cake decorating on the beginning and intermediate levels. Basic decorating and design techniques such as flowers, roses, borders, fondant, color striping and lettering will be covered and demonstrated. Material and supply list will be provided at the first class.

4 Sessions: \$72

Instructor: Teresa A. Smith

158952 Tilden MS 9/18 Mon. 7-9 p.m.

158953 Tilden MS 10/30 Mon. 7-9 p.m.

Pretty Darn Quick Vegetarian Dishes

🍏 Ages 18 and above: Quick, healthy and delicious no-prep vegetarian cooking with local cookbook author Donna Klein. If chopping, peeling, slicing, coloring, and seeding vegetables takes the fun out of mealtime, this course is for you. Recipes demonstrated include Texas-style chili, Moroccan vegetable stew with couscous, sweet potato gratin and 2-ingredient apple strudel. A \$15 food fee due to instructor.

3 Sessions: \$72

Instructor: Donna Klein

162914 Tilden MS 10/11 Wed. 7-9:30 p.m.

162915 Tilden MS 11/1 Wed. 7-9:30 p.m.

Vegetarian Cuisine from India

🍏 Ages 18 and above: Lecture and demonstration. This series is aimed at preparing simple, but nutritious Indian meals. Each class covers a complete and well-balanced meal including bread, vegetables, beans and salads. The recipes will include chapatis, mung beans, peas, and mushroom curry, potato raita, tuvar dal, and rice pilaf with vegetables, yogurt curry, tomato and cucumber raita. Hands-on making of pooris and chapatis. \$20 food fee due to instructor.

3 Sessions: \$72

Instructor: Jaya Nagda

162916 Quince Orchard HS 10/4 Wed. 7-9:30 p.m.

Hobbies

Gemology I

🍏 18 and above: Learn about gemstones. Mohs' scaled of hardness, how to buy, wear, and care for and recognize look-alikes. Hands-on examination of mineral specimens, cut stones, beads and finished jewelry. Occasional guest speakers, pertinent videos and exposure to simple implementation Optional textbook available at class.

13 Sessions: \$125

Instructor: Lisa Carp

162082 Concord School 9/20 Wed. 10 a.m.-Noon

Gemology II

🍏 Prerequisite: Gemstones I or related experience. Conduct an in-depth study of gemstones using sophisticated instruments. Study the geological, mineralogical, and chemical origins of gemstones as well as the cause and effect of light and color. Examination and analysis of synthetics and substitutes, 🖨

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Fast and Simple: Click [Here](#) to Register Online Now!



2006 MCRD Fall Adult Education Classes

• discussion of modern technology, reference readings, guest lectures, videos, and optional field trips.

13 Sessions: \$125

Instructor: Lisa Carp

162353 Concord Center 9/19 Tue. 10 a.m.-Noon

Oriental Rugs

Apple Ages 18 and above: Discover about oriental rugs, history, quality, techniques, for weaving, and regions of high-quality oriental rugs. Learn how to evaluate; care, repair and select investment-grade oriental rugs for your home. Tips for appraisal and buying will be provided by expert teachers. There will be a Saturday field trip Oct. 21.

4 Sessions: \$62

Instructor: Occidental Orientals

161758 Walter Johnson HS 10/3 Tue. 7-9:30 p.m.



Getting Started With Knitting I

Apple Ages 12 and above: Learn the basics and work on an individual project. Knit during class and receive individual attention while you perfect your techniques. There will be some home-

work. Learn to cast on, knit, purl, rib, castoff and read patterns. Bring a skein of 4-ply light-colored worsted weight yarn (acrylic is fine), and a pair of #7, #8 and #9 knitting needles to the first class. A \$20 material fee is due to instructor at first class.

5 Sessions: \$70

Instructor: Melissa Zervos

159912 Bethesda-Ch Chase HS 9/25 Mon. 6-8 p.m.

Getting Started With Knitting II

Apple Ages 12 and above: Shape your pieces with increases and decreases, make buttonholes, sleeves and necklines. Learn some simple patterns to enhance your work. Bring a skein of 4-ply light-colored worsted weight yarn (acrylic is fine) and a pair of #7, #8 and #9 knitting needles to first class. A \$20 material fee is due to instructor at first class.

5 Sessions: \$70

Instructor: Melissa Zervos

159913 Bethesda-Ch Chase HS 11/13 Mon. 6-8 p.m.



Chair Caning

Apple Ages 18 and above: Hand weave a new seat or back by caning, flat reed, or Shaker tapes depending on the type of chair brought to class. List of supplies provided at first class. Materials may be purchased from instructor. Bring chair to first class.

7 Sessions: \$98

Instructor: Claudetta Harding

162918 Bauer Drive CC 10/3 Tue. 9:30-11:30 a.m.

162917 Longwood CC 10/5 Thur. 7:30-9:30 p.m.

Chair Rushing

Apple Ages 18 and above: Different from caning, this method uses a cylindrical fiber rush to weave a chair seat. Not sure which type of chair you have? List of supplies will be provided at first class. Materials may be purchased from instructor. Bring chair to first class.

5 Sessions: \$70

Instructor: Claudetta Harding

162919 Germantown CC 9/30 Sat. 9:30-11:30 a.m.

Got Questions, or Need Help Registering? Call 240/777-6840



Registration Info for MCRD Fall Adult Education Classes

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 87).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, at left.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.
If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Got Questions, or Need Help Registering? Call 240/777-6840

This form may be duplicated.

Main Contact

Last Name			
First Name	Middle Initial		
Birth Date	Gender		
Street Address			
City	State	ZIP	
Home Phone	Work Phone		
Cell Phone	Email		

SIGN UP BELOW FOR RECREATION PROGRAMS (Orange Section) ONLY

Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Recreation Dept. Fee

☐ Check or Money Order payable to MCRD

Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

☐ MasterCard or Visa Cardholder Name (print) _____

Number _____ Exp date _____

Signature _____

Date _____

If paying by credit card, you may fax your registration form to 240-777-6818. If you need help completing the Recreation portion of this form, please call 240-777-6840.

If you are a non-resident, include an additional \$10 per participant for each activity:

RECREATION Programs Fee Total: _____

Registration Form



Save Time
Register Online

Additional Family Members

Last Name	First Name	Birth Date mm/dd/yy	Gender M/F	Grade
1)				
2)				
3)				

Payer Information (Name)

Address	City	State	Zip
Phone			

RECREATION

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____

Date _____